



**JULY  
AUGUST**

# **NEW(S) HORIZON**

**2017**

**A NEWSLETTER FROM THE WALPOLE COUNCIL ON AGING**

*We are proud to sponsor many events and programs addressing the health and well-being of Walpole seniors. Look inside for dates and times for the following programs:*

## **HEALTH AND SAFETY**

FLU CLINIC  
FOOT CARE  
NUTRITION  
NURSE VISITS  
MEDICARE PLANNING  
SHELTER AT HOME  
TRIAD  
WALPOLE VNA NURSING

## **EXERCISE**

CHAIR EXERCISE  
CHAIR VOLLEY  
WALKING CLUB  
WII BOWLING  
YOGA  
ZUMBA

## **COMMUNITY OUTREACH**

AARP TAX PROGRAM  
FARMERS MARKET COUPONS  
FUEL ASSISTANCE  
HOME HEALTHCARE REFERRALS  
HESSCO LUNCH  
MEDICAL EQUIPMENT  
MEDICAL RIDES  
NEWSLETTER  
SENIOR TAX WORK OFF

SHINE

THE RIDE

WELL BEING CHECKS  
VETERANS MEETINGS

## **SOCIAL ACTIVITIES**

BINGO  
BRIDGE  
CREATIVE CORNER  
KNITTING CLUB  
MAH JONGG  
POT LUCK MEAL  
SENIOR SINGING GROUP  
WALK-IN BREAKFAST  
WRITING GROUP

## **TRIPS**

DAY OF BEAUTY  
STOP & SHOP  
WALPOLE ERRAND DAY  
REGIONAL DAY EXCURSIONS

**WALPOLE COUNCIL ON AGING CENTER  
135 SCHOOL STREET, WALPOLE, MA 02081**

**Hours: Monday, Wednesday, Thursday, Friday, 8:30AM –4:30PM; Tuesday 8:30AM – 8:00PM**

**Telephone: 508-668-3330, Fax: 508-660-7363, Website: [www.walpole-ma.gov](http://www.walpole-ma.gov)**

*The mission of the Walpole Council on Aging is to promote social, recreational and educational activities and provide advocacy and assistance to Walpole Seniors and their families.*

## LETTER FROM THE DIRECTOR



Every summer has its own story. What will your summer story be? Let us help you write the first chapter. July is Oral Health Wellness month at the COA. We were fortunate enough to be chosen as a community project for a dental hygiene student. She is bringing some wonderful education to us in July around Oral Health Wellness. A Public Health Dental Hygienist will be available by appointment and for a fee for both screenings and cleanings on August 31st. We hope you can join us for a Lunch and Learn program on July 20<sup>th</sup> or our evening program (including a drawing for a basket of oral health essentials) on July 25th. Our new Lunch and Learn program is a collaboration with HESSCO and their newly rebranded Friendship Café to provide a healthful lunch for a small donation of \$3.00 combined with education and information about a topic related to health and wellness. Our Lunch and Learn in August focuses on Exercise and Osteoarthritis presented by a local Physical Therapist. Have you ever played LRC? Do you know left from right? That is all it takes to the play this easy and entertaining dice game. Gather some friends and join us at the COA for our LRC Tournament on Monday July 17th with refreshments for all and prizes for the winners. We are very pleased to announce that Nancy DiDuca is coming to Walpole on July 24th and we hope you can join us to dance the afternoon away. A local florist will be teaching Flower Arranging on August 3rd. Each participant will leave with a lovely new seasonal arrangement and vase. Have you ever wondered where you come from? Join us to learn the beginning steps to unlocking your family history at our session on Introduction to Genealogy August 21st. We are cruising Lake Chaugoggagoggaman-chauggagoggchaubunagungamaugg on the Indian Princess August 23rd. Price of \$25.00 includes a boxed sandwich lunch. We hope the Walpole COA will be included in your summer story. Enjoy the season! I hope to see you soon, at the Center.

Kerri McManama, Director Walpole Council on Aging

## Carol's Corner

Oh boy! As I listen to all the horrific events we hear about on an almost daily basis I think of how lucky we were when we were growing up.

Growing up in an Irish, Catholic family we had rules, we had love and we also had hard times. We had rules that dominated our lives!!

We went to church every Sunday whether we wanted to or not!

Remember when neighbors disciplined us without fear of being sued?

Remember when we all sat down together at the family meal?

When your parents were respected and their rules were kept?

When we were free to roam as long as we were home for supper? When we were free to make mistakes and learn from them? When we could leave the house by just saying "I am going out to play, Ma."

As an optimist, I believe we can still make a better world for our children and grandchildren, but it will take lots of love and support from all of us to help our little ones have happy carefree lives like we did.

Smiles help, patting someone on the shoulder when they look sad helps.

It's the little things that make us feel better sometimes in this crazy world of ours

I often think of Mr. Rogers Neighborhood and how my kids sat in front to the TV and just absorbed the peacefulness of his program while I made supper for us. Of course, today they laugh and say we never did that he was so silly, but they did and did your kids I'll bet!

Love, Peace, and Happiness

Carol

## JULY 2017 TRIPS & EVENTS

DATE	EVENT	DESCRIPTION	TIME & LOCATION
MONDAY 7/10	<b>TED Talk Inspire Your Summer</b>	Ben Saunders shares his experience in the Arctic & Cesar Kuriyama's "one second a day project"	1:00PM COA
WEDNESDAY 7/12	<b>Coffee with Attorney J. DiPietro</b>	Join us with your legal questions.	11:00AM COA
THURSDAY 7/13	<b>Walpole Walmart</b>	Ride provided to and from Walmart. Registration required.	Times determined by riders
MONDAY 7/17	<b>Chair Volley Ball</b>	More fun than you can possibly stand - while seated! Come enjoy this fun-filled game.	11:00AM—12:00PM COA
MONDAY 7/17	<b>LRC Tournament</b>	Do you know your left from your right? This game brings big laughs. Refreshments and prizes.	1:00—3:00PM COA
WEDNESDAY 7/19	<b>TRIAD</b>	Norfolk County Sheriff's Department's monthly educational session at the COA.	11:00AM COA
WEDNESDAY 7/19	<b>Birthday Party</b>	Join us for the Senior Birthday Party generously sponsored by Harrington House.	2:00—3:00PM COA
THURSDAY 7/20	<b>Walk-in Breakfast</b>	Join us for a great home-cooked breakfast and wonderful company.	8:00 –10:00AM COA — \$3.00 per person
THURSDAY 7/20	<b>Sheriff's Senior Camp &amp; Public Safety Tour</b>	Visit the Youth Leadership Academy in Braintree, Transportation & lunch provided! Please register.	Pick Up at COA: 10:00AM Drop off at COA: 2:00PM
THURSDAY 7/20	<b>Wheel of Fortune</b>	Laurie Blake from Home Instead hosts.	1:00 –2:00PM COA
THURSDAY 7/20	<b>Lunch and Learn</b>	Enjoy a meal at HESSCO's Friendship Café and learn about Tips for Oral Health, \$3.00 donation	11:30AM COA
FRIDAY 7/21	<b>Ice Cream Social</b>	ComforCare returns with Ice Cream and toppings, registration requested.	11:15AM COA
MONDAY 7/24	<b>Line Dancing</b>	Dance the afternoon away with Nancy DiDuca! Registration requested. \$2.00	2:00PM COA
TUESDAY 7/25	<b>Oral Health Wellness for Seniors</b>	Robin Fenton presents Oral Health Wellness for Seniors. Registration requested.	6:30—7:30PM COA
WEDNESDAY 7/26	<b>Restaurant of the Month</b>	Johnny Macaroni's serve wholesome and creative Italian meals and sauces.	12:00PM Van leaves COA 11:30AM
WEDNESDAY 7/26	<b>Creative Corner</b>	Alan O'Hare presents "Celebrate Stories for a New Beginning"	1:00—2:00PM COA
THURSDAY 7/27	<b>Walpole Errand Day</b>	The van will take you on errands anywhere in Walpole. Registration required.	Times TBD
THURSDAY 7/27	<b>How to Have a Happy Retirement</b>	James D. Maltz, Canton Financial, teaches 7 important keys to retirement happiness.	11:00AM COA
THURSDAY 7/27	<b>COA Board Meeting</b>	COA Board Meets	1:30PM Room 112, Town Hall



**COMMUNITY OUTREACH, did you know?** We provide a wide variety of client outreach services including well-being checks, community referrals, fuel assistance, farmers market coupons & group support. Call or stop by to speak with our **Outreach Worker, Laurel St. Pierre.**



## NIGHT BEFORE THE FOURTH

On the Third of July, Walpole celebrates the independence of our Nation by holding it's popular parade and fireworks display. A staple in Walpole, our celebration has been going strong for over 50 years, and has grown into quite a spectacle.

**6:00PM Parade:** The Fire Engine Parade

**6:30PM Fair:** Celebration with music, souvenirs and refreshments



**9:00PM Fireworks:** Launched from School Street, enjoyed anywhere in the center.

Bring your lounge chair, a picnic basket and friends to enjoy our community celebration of the birth of the United States of America as an independent nation.



## MIND OVER MATTER OLYMPICS is coming soon!

Starting in August and running through December, Creative Corner will be offering a mind and memory Olympics -gold, silver and bronze medals included! A special closing ceremony and awarding of medals will occur at the January 2018 Creative Corner on the 31st of the month....as a teaser, Patrick Shield, Walpole Recreation Department Director will be our torch bearer.

Rene Descartes tells us "it is not enough to have a good mind; the main thing is to use it well." There are many ways to keep the brain sharp: eating healthy, socialization and keeping active (stimulates the blood flow to the actual brain) paired with keeping the brain involved in activities that stimulate and promote brain growth. A healthy mind helps keep the body and spirit in peak performance. This is what we have put together to get those minds turning- puzzles, friends and maybe even a smattering of healthy foods- Come and see!

Wednesday, August 30, 1:00PM, WORD SEARCHES

Wednesday, September 27, 1:00PM, WHEEL OF FORTUNE with Laurie Blake


Wednesday, October 25, 1:00PM, DOT TO DOT PUZZLES

Wednesday, November 29, 1:00PM, CROSSWORD CHALLENGE

Wednesday, December 27, 1:00PM, THE REBUS PUZZLE







Walpole Recreation Presents

**2017**

# CONCERTS

on the

# COMMON

Endless Summer Presenting Sponsor

Walpole Co-Operative Bank

**Tuesdays, 6:30pm-8:30pm**

July 11 - Eleven

July 18 - The McDonough Band

July 25 - Jumpin' Juba

**Tuesdays, 6:00pm-8:00pm**

August 1 - Pablo Palooza

August 8 - Wiki 3

August 15 - Knockonwood

August 22 - Infractions

August 29 - Siobhan Magnus

**ON THE WALPOLE TOWN COMMON**

# JULY 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3</b>  <b>Center Closed</b>	<b>4</b>  <b>Center Closed</b>	<b>5</b> 10:00AM Exercise Class 12:00PM HESSCO lunch 1:00PM Pokeno 2:30PM Senior Moments	<b>6</b> 8:30AM Bird Park Walking 10:30AM NO YOGA 12:00PM HESSCO 1:15PM Bridge 	<b>7</b> 9:00AM Zumba 10:00AM Wii Bowling 10:00AM Writing Club 12:00PM HESSCO lunch 12:30PM Bingo
<b>10 SIGN UP DAY</b> 10:00AM Exercise Class 12:00PM HESSCO lunch 1:00PM Dominos 1:00PM TED TALK 1:30PM Mah Jongg	<b>11</b> <b>Stop &amp; Shop (AM)</b> 8:30AM Bird Park Walking 12:00PM HESSCO lunch 1:30PM NO YOGA 4:00PM A Musical Interlude	<b>12</b> 10:00AM Exercise Class 10:00AM Knit & Crochet 11:00AM Coffee Q&A 12:00PM HESSCO lunch 1:00PM Pokeno 2:30PM Senior Moments	<b>13</b> 8:30AM Bird Park Walking 9:30AM WALMART 10:30AM NO YOGA 12:00PM HESSCO lunch 1:15PM Bridge	<b>14</b> 9:00AM Zumba 10:00AM Wii Bowling 12:00PM HESSCO lunch 12:30PM Bingo 
<b>17</b> 10:00AM Exercise Class 11:00AM Chair Volley 12:00PM HESSCO lunch 1:00PM Dominos 1:30PM Mah Jongg 	<b>18</b> <b>Stop &amp; Shop (AM)</b> 8:30AM Bird Park Walking 12:00PM HESSCO lunch 1:30PM Yoga 4:00PM Musical Interlude	<b>19</b> 10:00AM Exercise Class 11:00AM TRIAD 12:00PM HESSCO lunch 1:00PM Pokeno 2:00PM Birthday Party 2:30PM Senior Moments	<b>20</b> 8:00-10:00AM Walk in Breakfast 8:30AM Bird Park Walking 10:30AM Yoga 12:00PM HESSCO lunch 1:00PM Wheel of Fortune 1:15PM Bridge	<b>21</b> 9:00AM Zumba 10:00AM Wii Bowling 12:00PM HESSCO lunch 12:30PM Bingo 
<b>24</b> 10:00AM Exercise Class 12:00PM HESSCO lunch 1:00PM Dominos 1:30PM Mah Jongg 2:00PM Line Dancing 	<b>25</b> <b>Stop &amp; Shop (AM)</b> 8:30AM Bird Park Walking 9:00PM Chair Volley 12:00PM HESSCO lunch 1:30PM Yoga 4:00PM Musical Interlude	<b>26</b> 10:00AM Exercise Class 10:00AM Knit & Crochet 12:00PM HESSCO lunch 1:00PM Creative Corner 2:30PM Senior Moments	<b>27</b> 8:30AM Bird Park Walking 9:30AM Errand Day 10:30AM Yoga 12:00PM HESSCO lunch 1:15PM Bridge 1:30PM COA Board Meeting	<b>28</b> 9:00AM Zumba 10:00AM Wii Bowling 12:00PM HESSCO lunch 12:30PM Bingo
<b>31</b> 10:00AM Exercise Class 12:00PM HESSCO lunch 1:00PM Dominos 1:30PM Mah Jongg 	<div style="background-color: #4a7ebb; color: white; padding: 20px; text-align: center;"> <h2 style="margin: 0;">JULY 10th SIGN UP DAY For JULY &amp; AUGUST 2017</h2> </div>			


Please **sign up for ALL trips and events** you would like to attend.

**IN-PERSON** and **PHONE** registration begin **MONDAY, July 10th at 8:30AM .**

*You must speak to a desk volunteer. Leaving a voicemail **does not** register you for programs.*



# AUGUST 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>ALL PROGRAMS ARE ONE HOUR LONG UNLESS OTHERWISE NOTED.</p> 	<p><b>1</b></p> <p><b>Stop &amp; Shop (AM)</b>  8:30AM Bird Park Walking  12:00PM HESSCO  1:30PM <u>NO Yoga</u>  4:00PM Musical Interlude</p>	<p><b>2</b></p> <p>10:00AM Exercise Class  12:00PM HESSCO lunch  1:00PM Pokeno  2:30PM Senior Moments</p> 	<p><b>3</b></p> <p>8:00-10:00AM  Walk in Breakfast  8:30AM Bird Park Walking  10:30AM Yoga  12:00PM HESSCO  1:15PM Bridge</p>	<p><b>4</b></p> <p>9:00AM Zumba  10:00AM Wii Bowling  10:00AM Writing Club  12:00PM HESSCO  12:30PM Bingo</p>
<p><b>7</b></p> <p>10:00AM Exercise Class  11:30AM LRC  12:00PM HESSCO  1:00PM TED Talk  1:00PM Dominos  1:30PM Mah Jongg</p>	<p><b>8</b></p> <p><b>Stop &amp; Shop (AM)</b>  8:30AM Bird Park Walking  12:00PM HESSCO  1:30PM Yoga  4:00PM Musical Interlude</p>	<p><b>9</b></p> <p>10:00AM Exercise Class  10:00AM Knit &amp; Crochet  11:00AM Coffee Q&amp;A  12:00PM HESSCO lunch  1:00PM Pokeno  2:30PM Senior Moments</p>	<p><b>10</b></p> <p>8:30AM Bird Park Walking  9:30AM WALMART  10:30AM Yoga  12:00PM HESSCO lunch  1:00PM Wheel of Fortune  1:15PM Bridge</p>	<p><b>11</b></p> <p>9:00AM Zumba  10:00AM Wii Bowling  10:00AM Writing Club  12:00PM HESSCO lunch  12:30PM Bingo</p>
<p><b>14</b></p> <p>10:00AM Exercise Class  11:00AM Chair Volley  12:00PM HESSCO  1:00PM Dominos  1:30PM Mah Jongg</p>	<p><b>15</b></p> <p><b>Stop &amp; Shop (AM)</b>  8:30AM Bird Park Walking  12:00PM HESSCO lunch  1:30PM Yoga  4:00PM Musical Interlude</p>	<p><b>16</b></p> <p>10:00AM Exercise  11:00AM TRIAD  12:00PM HESSCO lunch  10:00AM Exercise  1:00PM Pokeno  2:00PM Birthday Party  2:30PM Senior Moments</p>	<p><b>17</b></p> <p>8:00-10:00AM  Walk in Breakfast  8:30AM Bird Park Walking  10:30AM Yoga  12:00PM HESSCO lunch  1:00PM Wheel of Fortune  1:15PM Bridge</p>	<p><b>18</b></p> <p>9:00AM Zumba  10:00AM Wii Bowling  10:00AM Writing Club  12:00PM HESSCO lunch  12:30PM Bingo</p> 
<p><b>21</b></p> <p>10:00AM Exercise Class  12:00PM HESSCO  1:00PM Dominos  1:30PM Mah Jongg</p> 	<p><b>22</b></p> <p><b>Stop &amp; Shop (AM)</b>  8:30AM Bird Park Walking  12:00PM HESSCO lunch  1:30PM Yoga  4:00PM Musical Interlude</p>	<p><b>23</b></p> <p>10:00AM Exercise Class  10:00AM Knit &amp; Crochet  12:00PM HESSCO lunch  1:00PM Pokeno  2:30PM Senior Moments</p>	<p><b>24</b></p> <p>8:30AM Bird Park Walking  9:30AM Errand Day  10:30AM Yoga  11:00AM LRC  12:00PM HESSCO lunch  1:15PM Bridge  1:30PM COA Board Mtg</p>	<p><b>25</b></p> <p>9:00AM Zumba  10:00AM Wii Bowling  10:00AM Writing Club  12:00PM HESSCO lunch  12:30PM Bingo</p>
<p><b>28</b></p> <p>10:00AM Exercise Class  12:00PM HESSCO  1:00PM Dominos  1:30PM Mah Jongg</p>	<p><b>29</b></p> <p><b>Stop &amp; Shop (AM)</b>  8:30AM Bird Park Walking  12:00PM HESSCO lunch  1:30PM <b>NO YOGA</b>  4:00PM Musical Interlude</p>	<p><b>30</b></p> <p>10:00AM Exercise Class  10:00AM Knit &amp; Crochet  11:00AM Chair Volley  12:00PM HESSCO lunch  1:00PM Creative Corner  2:30PM Senior Moments</p>	<p><b>31</b></p> <p>8:00-10:00AM  Walk in Breakfast  8:30AM Bird Park Walking  10:30AM <b>NO YOGA</b>  12:00PM HESSCO lunch  1:15PM Bridge</p>	<p><b>** HESSCO meals (lunch) are provided daily at the center for a donation of \$3.00. For reservations or cancellations, call 781-784-4944 at least 24 hours in advance.</b></p>

AD SPACE

## A NOTE FROM YOUR OUTREACH WORKER

**Farmer Market** coupon will be available this year after August 1<sup>st</sup>. Look for more information at that time.

We will again be offering a 6-week **Grieving Group** starting in September through November. People who have lost a loved one can find help at our grief support group. Please contact me at 508-660-7362 to enroll.

Looking forward to a warmer summer after a very wet spring.

**Office Hours: Monday - Thursday, 9:00AM- 3:00PM**

*Laurel St. Pierre, Outreach Worker*



## Summer is here....stay cool and watch the heat.



The most important summer reminder is to stay hydrated! As we age, our thirst decreases, leaving us dehydrated more quickly, not to mention so many that take “water pills”. Look for additional signs that you may not be drinking enough: dry mouth and lips, dry nose or eyes, skin more dry than usual and very yellow or concentrated urine. The most concerning is being lightheaded or dizzy when you first sit up or stand up, BE CAREFUL.

The heat brings on swollen ankles, remember to elevate them and wear compression stockings. Look for areas of shade and air conditioning when the heat and humidity descend, keep the air moving to stay safe from overheating. Changes that affect all of us when we age include: decreased tolerance to the heat and increased difficulty telling when the environment is too hot. Hats and sunscreen for those fun summer activities go without saying.

Additionally, please be aware of ticks. This mild winter has made a bumper crop of ticks and tick borne disease. This means Lyme disease at best and Babesiosis, Anaplasmosis or Powassan at worst. Please tick-check yourself, this is the NEW NORMAL! Ticks like warm places, specially the groin, armpits, skin folds and beltline. Watch for fever/chills, increased fatigue, muscle and joint pain, headaches and rash that don't leave within 24 hours. These are all easily treated with oral antibiotics and early treatment can prevent the more serious issues. Products with DEET are a must to help prevent mosquito bites and all the disease potential that come with mosquito borne illness.

Have a great summer...get out and enjoy safely.

*Leandra McLean RN Walpole Public Health Nurse*

Live. Life. Healthy

# Women and Heart Disease



Women are NOT the same as men! A truth that we have all known forever. This myth busting article is about women and heart disease. Women worry about getting breast cancer and most of us know many people who have survived and many who haven't, yearly 41,000 women lose their battle with the disease. Lung cancer, another disease that is on the rise, whether or not you have smoked, takes over 70,000 women each year. Yet heart disease kills 292,000 women every year! WHY?

Women do not always have the "typical" symptoms that men do when they are having a heart attack, the chest pain, the left arm pain, the sweating and "something is really wrong" feeling. Women more tend to get pain in their back, jaw, stomach, or one or both arms. Shortness of breath without chest pain, nausea or feeling queasy, lightheadedness or unusual fatigue that lasts for several days. Can women have chest pain, radiating to your arms or cold sweats, absolutely, but that is not the norm.

Women are unique in that they have hormonal protection for the heart until menopause and then they become as at risk as men for heart attack. After age 75, a woman's risk of heart attack is higher than a man's risk! Autoimmune diseases, like rheumatoid arthritis and lupus, also increase that risk. Additionally, women who have had preeclampsia, gestational diabetes or pregnancy induced hypertension are at double the risk of heart attack in the 15-year period following pregnancy.



Time is muscle. The longer the heart muscle is starved for oxygen and nutrients with the clot (heart attack) not allowing blood to flow, the worse the outcome and recovery for the person. Women notoriously delay getting medical attention for their symptoms, "maybe if I take a nap, I will feel better", "if I still don't feel well tomorrow...". This thinking needs to end. Women have been caretakers for most of their lives in one capacity or another- now it's time to caretake ourselves.

We know that we can't change our sex or heredity to decrease our risk, but by being more active (30 minutes of moderate intensity physical activity) and not smoking we can decrease our risk dramatically. Add to that, controlling high blood pressure, high blood sugars, and high cholesterol with a healthier diet high in fruits, vegetables, nuts, whole grains, lean meats and seafood and you are well on your way to a healthier heart.



*Leandra McLean RN Walpole Public Health Nurse*



## AUGUST 2017 TRIPS & EVENTS

DATE	EVENT	DESCRIPTION	TIME & LOCATION
TUESDAY 8/1	<b>Memory Cafe</b>	Fun & welcoming event for individuals with forgetfulness & their families.	1:00—2:30PM United Church, Walpole
THURSDAY 8/3	<b>Walk-in Breakfast</b>	Join us for a great home-cooked breakfast and wonderful company.	8:00 –10:00AM COA — \$3.00 per person
THURSDAY 8/3	<b>Flower Arranging</b>	Walpole Flower and Garden Center provides a hands-on lesson. Registration required. \$20.00	11:00AM COA
MONDAY 8/7	<b>LRC</b>	Join in for some laughs over the easy to learn and fun to play Dice game, LRC.	11:30AM COA
MONDAY 8/7	<b>TED Talk Our Earth</b>	Rachel Sussman's world's oldest living things, Louie Schwartzberg time-lapse nature	1:00PM COA
WEDNESDAY 8/9	<b>Coffee with Attorney J. DiPietro</b>	Join us to have your legal questions discussed.	11:00 AM—12:00PM COA
WEDNESDAY 8/9	<b>Restaurant of the Month</b>	Noon Hill Grill is a family-friendly restaurant and bar featuring New American Cuisine.	12:00PM Van leaves COA 11:30AM
THURSDAY 8/10	<b>Walpole Walmart</b>	Ride provided to and from Walmart. Registration required.	Van leaves COA at 9:30AM
THURSDAY 8/10	<b>Lunch and Learn Mike Wezel, PT</b>	Enjoy a lunch at the Friendship Café and learn about the Benefits of Exercise for Osteoarthritis	11:00 AM COA
FRIDAY 8/11	<b>Healthy Dips</b>	ComforCare presents a session on Healthy Dips	11:30 COA
MONDAY 8/14	<b>Chair Volley Ball</b>	More fun than you can possibly stand - while seated! Come enjoy this fun-filled game.	11:00AM—12:00PM COA
WEDNESDAY 8/16	<b>TRIAD</b>	Norfolk County Sheriff's Department's monthly educational session at the COA.	11:00AM COA
WEDNESDAY 8/16	<b>Birthday Party</b>	Join us for the Senior Birthday Party sponsored by Harrington House.	2:00—3:00PM COA
THURSDAY 8/17	<b>Walk-in Breakfast</b>	Join us for a great home-cooked breakfast and wonderful company.	8:00 –10:00AM COA — \$3.00 per person
THURSDAY 8/17	<b>Wheel of Fortune</b>	Laurie Blake from Home Instead hosts.	1:00 –2:00PM COA
MONDAY 8/21	<b>Getting Started With Genealogy</b>	Join us to learn how to start learning about the roots of your family tree.	11:15AM COA
WEDNESDAY 8/23	<b>Indian Princess Cruise</b>	Tour the unpronounceable lake in Webster, includes boxed lunch. \$25.00 Registration required.	Van leaves COA 9:30AM
THURSDAY 8/24	<b>Walpole Errand Day</b>	The van will take you on errands anywhere in Walpole. Registration required.	Times TBD based on number of people and destinations
THURSDAY 8/24	<b>LRC</b>	Join in for some laughs over the easy to learn and fun to play Dice game, LRC.	11:00AM COA
THURSDAY 8/24	<b>COA Board Meeting</b>	COA Board Meets	1:30PM Room 112, Town Hall
WEDNESDAY 8/30	<b>Chair Volley Ball</b>	More fun than you can possibly stand - while seated! Come enjoy this fun-filled game.	11:00AM—12:00PM COA
WEDNESDAY 8/30	<b>Creative Corner</b>	Mind Over Matter Olympics opens with WORD SEARCHES. Who will earn the medals?	1:00 –2:00PM COA
THURSDAY 3/31	<b>Walk-in Breakfast</b>	Join us for a great home-cooked breakfast and wonderful company.	8:00 –10:00AM COA — \$3.00 per person
THURSDAY 3/31	<b>Public Health Dental Hygienist Cleanings</b>	Cleanings, fluoride, oral cancer screenings \$79.00 No charge for cleaning & evaluation for full denture wearers. No Dr. Exam and No X-rays.	By Appointment MMR

# NEW(S)HORIZON

Walpole Council on Aging  
Town Hall , 135 School Street  
Walpole, MA 02081  
Telephone: (508) 668-3330  
Fax: (508) 660-7363

Kerri McManama, Director COA  
Laurel St. Pierre, Outreach  
Christine Tetreault, Advocate  
Jane Wulk, Van Driver  
Carol Fellini, Van Driver  
Jim Hinds, Van Driver  
Dolores Efthim, Chairman COA Board

This Newsletter is made possible,  
in part, by a grant from the  
Massachusetts Executive  
Office of Elder Affairs and through the  
generous support of



*Friends of the Walpole  
Elders, Inc.  
P.O. Box 186  
East Walpole, MA 02032*

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Framingham, MA  
Permit #179

## WALPOLE COUNCIL ON AGING PROFESSIONAL SERVICES

### HESSCO Friendship Café:

(508) 668-3423, provided daily for a  
\$3.00 donation. Call for reservations or  
cancellations, 781-784-4944 at least 24  
hours in advance.

**Public Health Nurse:** blood  
pressure screenings and health  
information every Monday morning at  
9:30AM\*

**Health Insurance Counseling:** by  
appointment only, Tuesdays and  
Thursdays, 9:00AM—12:30PM

**Legal Services:** 2nd Wednesday of  
the month, 11:00AM—12:00PM\*Free.

**Foot Care:** Mondays by appointment  
only, 9:00AM—2:00PM, Cost is \$20.  
Call (508) 668-3330.

\*Times subject to change

## HELPFUL NUMBERS TO REMEMBER:

**NORFOLK COUNTY "ARE YOU OK?"  
(866) 900-RUOK (7865)**

Receive a call daily to make sure you are up and OK!

**POLICE (Non-emergency) 668-1212  
FIRE DEPARTMENT (Non-emergency) 668-0260**